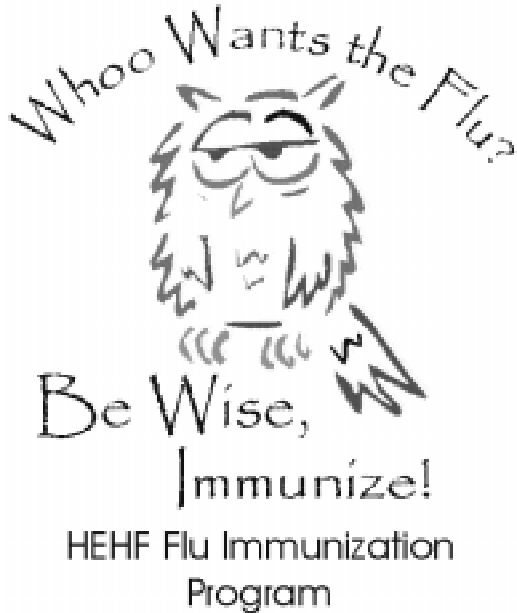


HEHF immunization clinics to give flu shots this month

Judi Staley

Hanford Environmental Health Foundation



For information regarding flu immunization programs in your community, call the Benton-Franklin Health Department at 943-2614 Ext. 268 or the Yakima County Health District at (509) 575-4040.

To arrange a safety meeting presentation on "Self Care for Flu and Colds" contact HEHF Health Education Services at 373-3729.

For more information about the HEHF Flu Immunization Program or flu-shot eligibility, contact the HEHF Flu Hotline at 376-2507.

For the 10th year, the Hanford Environmental Health Foundation will provide free flu shots to Hanford workers at various work-site locations. Beginning Oct. 28, Hanford Site workers with Department of Energy security badges will have the opportunity to receive the flu vaccine, the first line of defense against the aches and pains of the flu.

A total of 6,500 doses will be available at the 13 scheduled site clinics (see the schedule below), which will run over a period of three weeks.

Influenza is a serious respiratory disease and can lead to life-threatening complications. In the United States alone, 20,000 deaths per year can be attributed to complications from the flu. The Centers for Disease Control encourages flu shots for anyone who wants to minimize his or her chances of catching the flu. The CDC strongly recommends the immunization for certain high-risk groups.

Flu shots are recommended for:

- People six months of age and older at risk for getting a serious case of influenza or influenza complications, and people in close contact with them (including all household members)
- Everyone 50 years of age or older
- Residents of long-term care facilities housing persons with chronic medical conditions
- Anyone six months to 18 years of age on long-term aspirin treatment
- Pregnant women who will be past the third month of pregnancy during the flu season, which typically runs from November through March (HEHF does not provide flu shots for these cases; workers who fall into this category must see their private medical provider)
- Anyone with long-term health problems such as heart, lung or kidney disease, asthma, metabolic disease such as diabetes, anemia or other blood disorders
- Anyone with a weakened immune system either from medication or disease
- Physicians, nurses, family members, or anyone else coming in close contact with people at risk of serious influenza.

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HEHF immunization clinics to give flu shots this month, cont.

Flu shots are encouraged for:

- Healthy children ages six to 23 months; their household contacts and out-of-home caretakers
- Household contacts and out-of-home caretakers of infants less than six months of age
- People who provide essential community services
- People at risk for flu complications who travel to the southern hemisphere between April and September, or who travel to the tropics or in organized tourist groups at any time
- People living in dormitories or under other crowded conditions.

Who should *not* get a flu shot?

- Anyone who has had a serious allergic reaction to eggs or to a previous dose of influenza vaccine
- Anyone who has been paralyzed by Guillain-Barre Syndrome.
- Anyone who is ill and has a fever at the time of the clinics.

What are the eligibility criteria to receive a flu shot at an HEHF flu immunization clinic?

- You must be at least 18 years old
- You must have a DOE security badge. You must have the badge in your possession. Temporary visitor badges will not be accepted.

Bechtel National and Battelle Columbus have chosen *not* to participate in the Hanford Site flu immunization program.

HEHF does not provide flu shots to pregnant women, families of site workers or to Hanford retirees (other than HEHF retirees). These employees and their families are encouraged to get flu shots through their private physicians or a community immunization program. ■

2002 Flu Immunization Schedule

<i>Area</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>
200E	Oct. 28 Nov. 14	9 a.m.-2 p.m.	2101-M, Cosmos/Bijou Room
200W	Oct. 29 Nov. 20	9 a.m.-2 p.m. 2 p.m.-6 p.m.	MO-287, Conference Room A-111 2719-WB, HEHF Health Care Center
Battelle	Oct. 30 Nov. 11	9 a.m.-2:30 p.m. 9 a.m.-2 p.m.	Battelle Auditorium
100N	Oct. 31	9 a.m.-2 p.m.	1103N, Conference Room C4
100K	Nov. 4	9 a.m.-2 p.m.	MO-500 East, Conference Room
300 Area	Nov. 5	9 a.m.-2 p.m.	3763, Conference Room
Federal Building	Nov. 6	9 a.m.-2 p.m.	825 Jadwin, Auditorium
400 Area	Nov. 7	9 a.m.-1 p.m.	4706, Conference Room 302
Bechtel	Nov. 12	9 a.m.-1 p.m.	3350 G.W. Way, Assembly Room
Stevens Center	Nov. 13	9 a.m.-2 p.m.	2440 Stevens Center, Conference Room